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U.S. National Library of Medicine

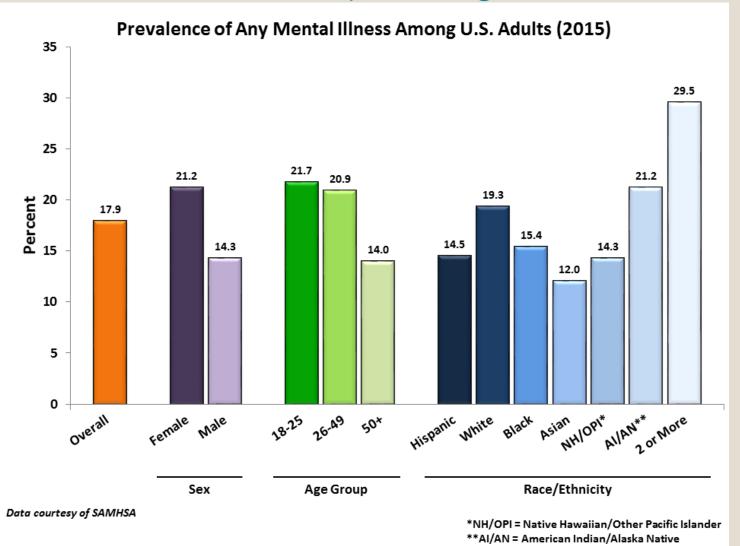
National Network of Libraries of Medicine

Today's Objectives:

- 1)Increase skills for providing mental health information for care providers and the public
- 2)Be informed of resources for mental health information
- 3) Develop strategies for interacting with emotional patrons

Prevalence of Any Mental Illness

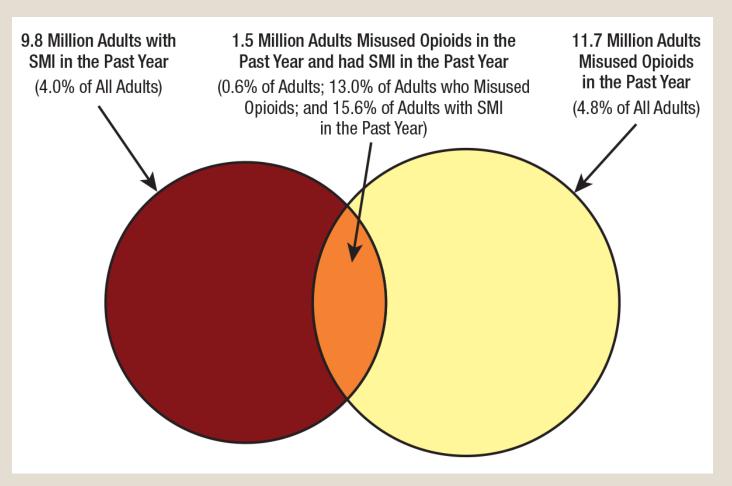
Source: National Survey on Drug Use and Health



Any mental illness (AMI)

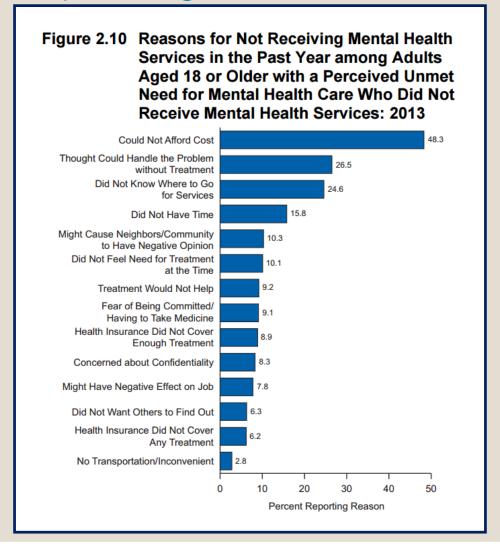
- A mental, behavioral, or emotional disorder (excluding developmental and substance abuse disorders)
- Diagnosable currently or within the past year
- Of sufficient duration to meet diagnostics criteria specified within the DSM 5

Opioid Misuse and Serious Mental Illness in the Past Year Among Adults Source: 2015 NSDUH



Access to Mental Health Service

Source: National Survey on Drug Use and Health, 2013



Know the Warning Signs

https://www.nami.org/Learn-More/Know-the-Warning-Signs

Know The Warning Signs



Definitions

Can you separate mental disorders from physical disorders?

Need for a more accurate term that represents the body/mind connection

(DSM IV - TR)

What is considered a mental disorder?

Mental disorders include eating disorders and substance abuse disorders in addition to depression, mood disorders and anxiety disorders. A complete classification of disorders is listed in the DSM 5—Diagnostic and Statistical Manual of Mental Disorders.

History of Mental Illness/Health Classification

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1840 Single classification -- "idiocy"
1952 DSM1
1965 DSM II
1979 DSM III
1983 DSM IV
2000 DSM IV - TR
2013 DSM 5
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Diagnostic and Statistical Manual of Mental Disorders: DSM-5

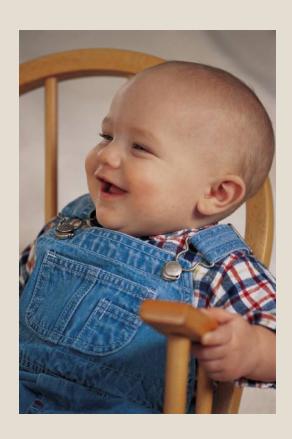
Changes to over 50 diagnoses, including:

- "Intellectual disability" became new term for mental retardation (this is already falling out of favor!)
- Increased detail on PTSD symptoms
- "Autism spectrum disorder" now encompasses autism, Asperger's Syndrome, Rett's disorder, pervasive development disorder
- Substance abuse disorders: addiction new term for dependence
- OCD received a separate category, no longer under anxiety disorders
- Eliminating pediatric bipolar disorder and creating new category, DMDD (Disruptive Mood Dysregulation Disorder)
- Revisions to ADHD diagnosis: allows for adult-onset diagnosis

Source: http://bit.ly/10vNqjN

Factors

- Physical
- Social
- Financial
- Environmental
- Sexual
- Spiritual
- Emotional
- Intellectual
- Occupational



Stigma

- Misconceptions portrayed by news & media
- Inaccurate linking of mental illness with violent behavior
- Prompts subtle and overt prejudice, discrimination, fear, and stereotyping
- Results in avoidance to work, socialize, and live with persons with mental illness
- Impedes persons with mental illness to seek help

Sources: NAMI and Mental Health America

"People with mental illness enrich our lives" [NAMI]

- Abraham Lincoln
- Virginia Woolf
- Ludwig vanBeethoven
- Robert Schumann
- Leo Tolstoy
- Tennessee Williams
- Vincent Van Gogh
- Isaac Newton

- Ernest Hemingway
- Sylvia Plath
- Michelangelo
- Winston Churchill
- Vivian Lee
- Patty Duke
- Charles Dickens
- Diane Sawyer

Expressions

Avoid expressions like:

"a schizophrenic or an alcoholic"

In favor of:

"a person with schizophrenia" or

"an individual with alcohol dependence"

Mental Health Literacy

Knowledge, beliefs and abilities that lead to the recognition, management and prevention of mental health problems.

Benefits:

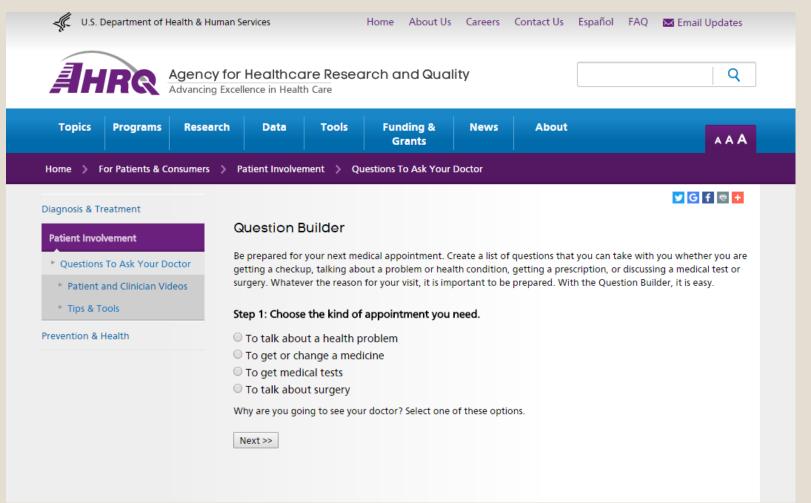
Prevention, early recognition & intervention, reducing stigma

Why is health literacy important?

- Essential life skill
- It is the bridge between knowledge and behavior.



Ask questions. Prioritize questions.



My Questions for This Visit

You might have questions about:

- Your medicines
- A medical test you need
- A surgery you need

What are the top three questions you want to be sure to ask during your appointment? List them here:

1.		
2.		
3.		

Health Literacy Needs Change with





Reference

Best practices
Respecting confidentiality
Active listening
Be empathetic and patient

Use the same approach as with any other reference interview

Emotional patrons

Four step approach:

1)STOP

2)BREATHE

3) REFLECT

4)CHOOSE

Source: Spatz, M. Answering Consumer Health Questions. 2008

Emotional patrons, continued

- Present a calm appearance.
- Speak softly.
- Speak in a nonprovocative and nonjudgemental manner.
- Speak in a neutral concrete manner.
- Put space between yourself and the patient.
- Show respect for the patient.
- Avoid intense eye contact and authoritarian stance.
- Facilitate the patient's talking.
- Listen to the patient.
- Avoid early interpretation.
- Do not make promises you cannot keep.

Source: Johnson, ME. <u>The Concise Guide to Assessment and Management of Violent Patients</u>. 1997.

Open-ended questions

- "What kind of information on ...are you looking for?
- Would you tell me more about ...?
- When you say..., what do you mean?
- What do you already know about …?

Small group exercise

Article: Co-Occuring Mental Health Issues and Substance Use Disorders Among Adults (NSDUH, 2015)

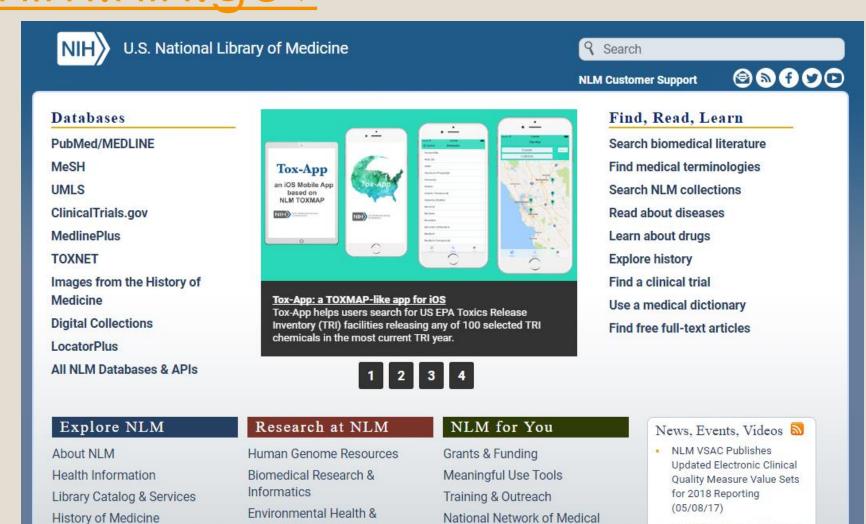
Discussion questions:



National Library of Medicine http://nlm.nih.gov

Toxicology

Online Exhibitions & Digital



Libraries

Landstuhl Regional Medical

Contacta Coordinata Tour of

MedlinePlus http://medlineplus.gov



- Health information for patients, families, and patient education
- 900 + health topics
- English, Spanish and 40 other languages
- Drug and supplements
- Videos
- Health news
- Medical dictionary / encyclopedia
- Magazine
- Easy-to-read information
- Directories and organizations

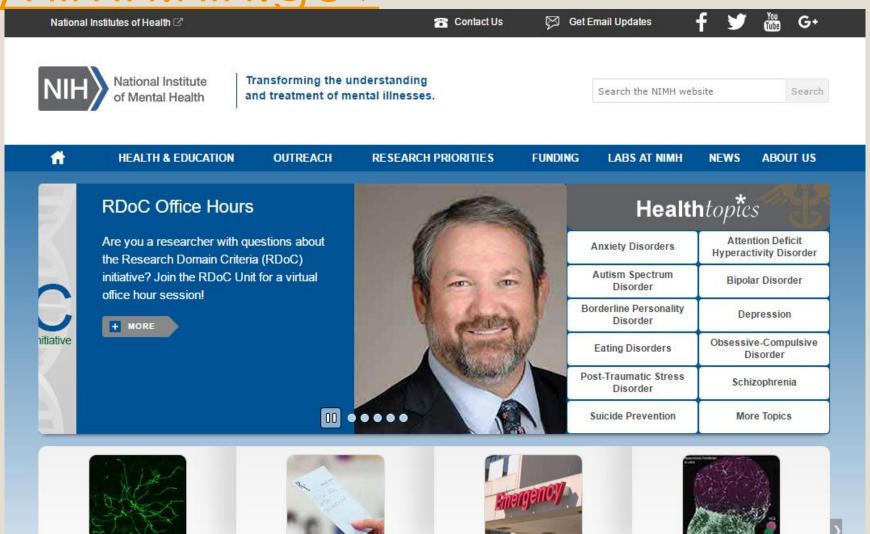
Mental Health Information on MedlinePlus

- Start with the health topics
- o For basic information, you can use the medical encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Learn more about drug information
- Learn about supplements

MedlinePlus Everywhere!



NIMH http://nimh.nih.gov



Information on NIMH

- Mental health information by age/gender
- Information on treatment including medication, psychotherapies, and brain stimulation
- You can order free copies of print patient handouts (publications) in English and Spanish
- Educational resources for grades 9-12
- Clinical Trials Participant Information
- Research priorities and funding opportunities

National Alliance on Mental Illness http://nami.org



NAMI http://nami.org

Information for:

- Persons living with mental illness
- Family members
- Caregivers



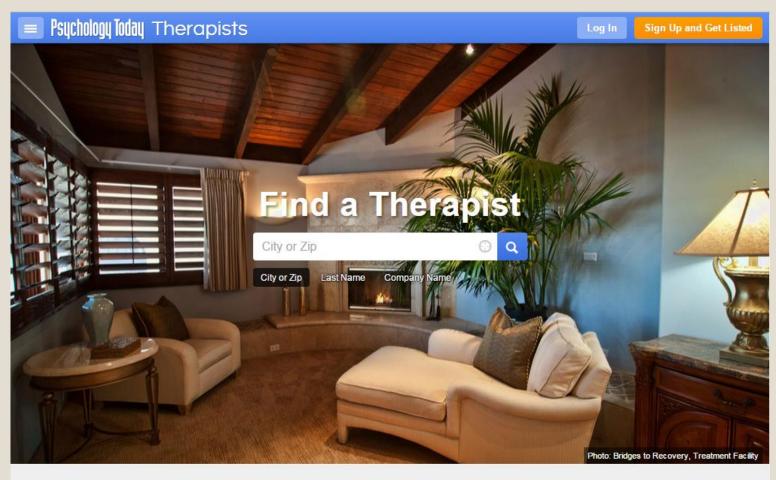
Emotional support:

- Local chapters
- NAMI On Campus
- Share Your Story
 - You are Not Alone
 - Ok2Talk
- Take Action on Policy Issues
- NAMI Air
- NAMI Walks

American Psychological Association http://helping.apa.org



Psychology Today Find a Therapist https://therapists.psychologytoday.com/rms/



Find detailed professional listings for Psychologists, Psychiatrists, Therapists, Counselors, Group Therapy and Treatment Centers in the United States and Canada.

Clinical Trials http://clinicaltrials.gov

Clinical Trials.gov

A service of the U.S. National Institutes of Health

Clinical Trials.gov is a registry and results database of publicly and privately supported clinical studies of human participants conducted around the world. Learn more about clinical studies and about this site, including relevant history, policies, and laws.

Find Studies

About Clinical Studies

Submit Studies

Resources

About This Site

ClinicalTrials.gov currently lists 199,515 studies with locations in all 50 States and in 190 countries.

Search for Studies

Example: "Heart attack" AND "Los Angeles"

Search

Advanced Search | See Studies by Topic See Studies on a Map

Search Help

- How to search
- How to find results of studies
- How to read a study record

For Patients and For Researchers Families

- How to find studies
- See studies by topic
- Learn about clinical studies
- Learn more...

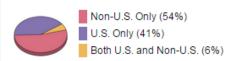
- How to submit studies
- Download content for analysis
- About the results database
- Learn more...

For Study Record Managers

- Why register?
- · How to register your study
- FDAAA 801 requirements
- Learn more...

Locations of Recruiting Studies

Text Size ▼



Total N = 36.725 studies (Data as of September 30, 2015)

· See more trends, charts, and maps

Learn More

- · Tutorials for using ClinicalTrials.gov
- · Glossary of common site terms
- MUsing our RSS Feeds

HOME

SAMHSA http://mentalhealth.samhsa.gov



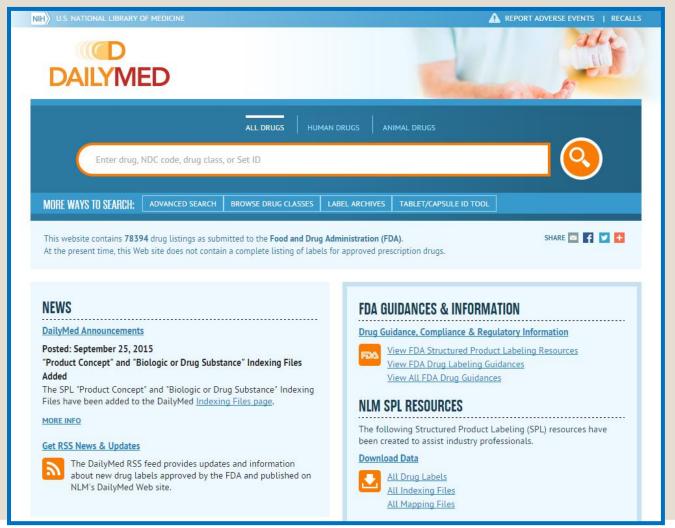
Mental Health America http://www.mentalhealthamerica.net



Drug Information Portal http://druginfo.nlm.nih.gov



DailyMed http://dailymed.nlm.nih.gov



LactMed http://toxnet.nlm.nih.gov

- Free online database with information on drugs and lactation
 - ✓ Data mined from scientific literature
 - √ Fully referenced
 - ✓ Links to PubMed citations
 - ✓ Breastfeeding links



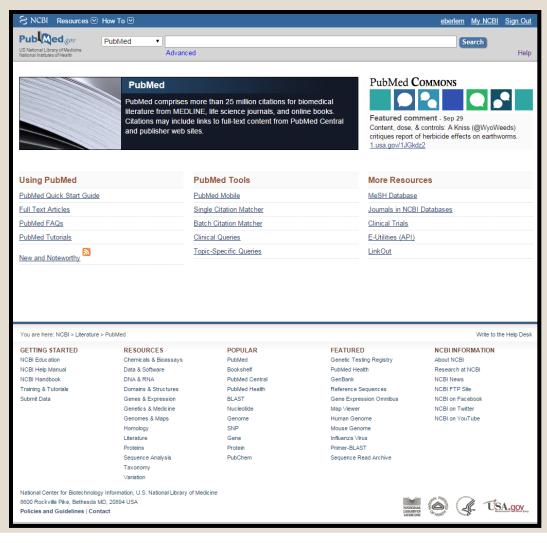
National Center for PTSD http://www.ptsd.va.gov



Stopbullying.gov http://stopbullying.gov



PubMed http://pubmed.gov



Search tips:

- Start out with a general site like MedlinePlus to get an overview of your topic
- Keep in mind there may be more than one term for the same condition
- Conditions may manifest in completely different ways
- Though inaccurate, many resource use terms like disease, disorder, spectrum and syndrome interchangeable

Source: Anderson PF, Allee N. The Medical Encyclopedic Guide to Searching and Finding Health Info on the Web, 2004

Evaluating Health Information

- Accuracy
- Authority
- Bias
- Currency
- Coverage
- User-friendliness

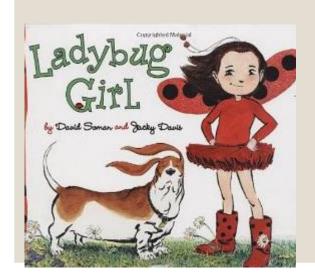


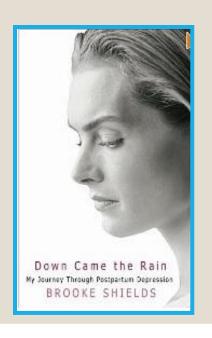
http://trustortrash.org

Bibliotherapy

"A form of supportive psychotherapy in which the patient is given carefully selected material to read." (PubMed MeSH)

- Anderson, Hephzibah. (2015, January 6) "Bibliotherapy: Can you read yourself happy?" BBC http://www.bbc.com/culture/story/20150106-can-you-read-yourself-happy
- Dover, Ceridwen. (2015, June 9) "Can Reading Make You Happier?" New Yorker
 http://www.newyorker.com/culture/cultural-comment/can-reading-make-you-happier
- Martin, Rachel. (2015, October 20) "To Cure What Ails You: Bibliotherapists Prescribe Literature." NPR. http://www.npr.org/2015/09/04/437597031/to-cure-what-ails-you-bibliotherapists-prescribe-literature



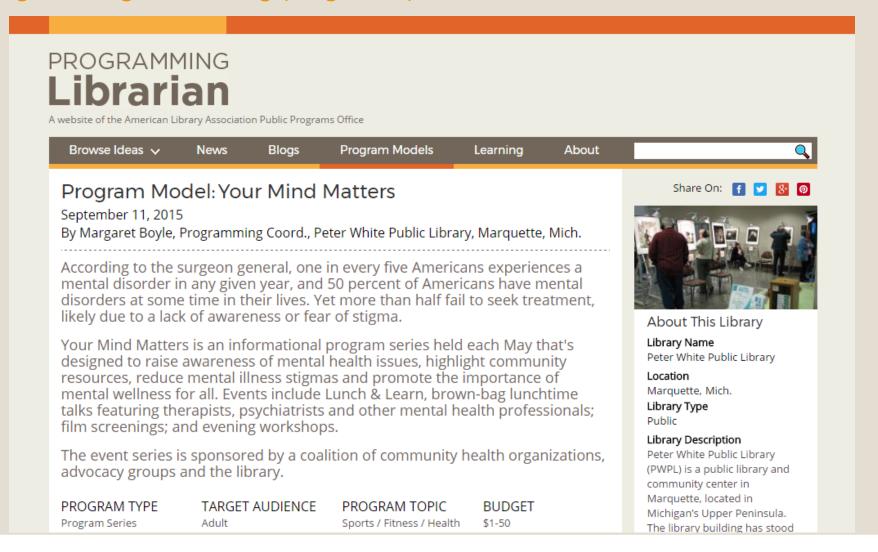


It Takes a Village

- Social supports
- Support groups
- Counseling
- Medication management
- Career counselors
- Faith based organizations
- Hospital (day treatment, in-patient)
- Alternative therapies (yoga, tai chi, meditation)
- Health Sciences Libraries & Public Libraries
- Toll-free Health Hotlines
- Others?

Spotlight on a library program:

http://www.programminglibrarian.org/programs/your-mind-matters





Exercises

Answer the following questions using MedlinePlus (https://www.nlm.nih.gov/medlineplus/) and the links found within MedlinePlus when appropriate. If you use MedlinePlus please state the following in your response.

- How did you begin your search?
- What health topic page/search page did you use?
- What was the final resource that you located?

1) A friend of yours who is a parent asks if you know where they might find information on prescription drug abuse treatment and resources that they can share with their teenager. What information is available and from what agency?

Exercises

2) The senior citizen center in town is providing a workshop on "Depression in Older Adults". You are a member of the planning team and during a meeting members mention that they would like to find some updated material to distribute during the session and ask for recommendations. What resource can you recommend specific to older adults? What materials are available for distribution during the event?

3) Your health care provider suggests that you take Vitamin B12 to help increase your energy. You want to know if there is any scientific evidence to support this claim and the cost of purchasing the vitamins. What information can you find and from what agency?

Exercises

- 4) You are interested in obtaining a second opinion about the care of your loved one. You want to find a new psychologist and perhaps a therapist. What section in MedlinePlus can you go to in order to find this information?
- 5) Now that you've located a few psychologists and therapists you want to prepare yourself for the doctor's visit. What health topic page in MedlinePlus might help you prepare to communicate more effectively with a potential health care provider? What tips did you find on the page that you can implement?
- 6) What are some health topics in MedlinePlus that you would like to further explore?

Tools



- Exercise + Nutrition
- Building social supports
- Reframing
- Therapy
- Simplifying
- Gratitude
- Medication

What helps you?

Alternative treatment

- Yoga
- Meditation
- Mantrum instruction
- Supplements
- Acupuncture
- Deep breathing
- Massage
- Prayer
- Light therapy
- Reiki



Take home points

- Fight stigma
- Be proactive about your mental health
- Cultivate your knowledge of mental health resources

Thank you!

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Developed by NNLM staff

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